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Navy & Marine Corps Medical News
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This service distributes news and information to
Sailors and Marines, their families, civilian employees,
and retired Navy and Marine Corps families. Further
dissemination of this e-mail is encouraged.

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MN970471: Delta Wins DOD Retiree Dental Program Contract
Retirees and their families will soon have a new dental
plan - The Delta Dental Plan.

Delta Dental Plan of California was awarded a five year
contract by the Department of Defense to administer the new
dental plan for military retirees (including the U.S. Coast
Guard), their eligible family members, and unremarried
surviving spouses of deceased military retirees. Starting
February 1, 1998, more than 4.2 million eligible persons who
choose to enroll can benefit from the new plan.

The dental plan will provide services to eligible
persons throughout the U.S., Puerto Rico, Canada, the U.S.
Virgin Islands, Guam, American Samoa, and the Northern
Mariana Islands.

The U.S. will be divided into five regions, whose
premiums will vary according to location. Average monthly
premiums in the first year of the contract will range from
\$12.26 for one person, to \$39.31 for a family.

After an initial enrollment of a minimum of 24 months
in the program, enrollees may choose to stay enrolled on a
month-to-month basis. Premiums will be collected from
enrollees through payroll deductions from those who receive
retired pay. Those who don't receive retired pay will be
billed directly by Delta.

The plan will feature a variety of diagnostic,
preventive, restorative, endodontic, periodontic and oral
surgery services, at specified levels of cost-sharing. Some
services (mostly diagnostic and preventive services) won't
require a payment by enrollees. Other services will require

enrollees to pay cost-shares of 20 or 40 percent. There will be a \$50 annual deductible before cost-sharing begins.

Enrollees will have a benefit of up \$1,000 per enrollment year for services, excluding the diagnostic and preventive services.

More information will be mailed to eligible persons as the starting date for the program approaches.

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MN970472: NNMCM Bethesda Introduces New Call Routing System

BETHESDA, MD -- National Naval Medical Center (NNMC) Bethesda, MD, has a new automated call routing system beginning November 1st to assist patients and staff in navigating the center.

The system's easy-to-remember access number is (301) 295-CARE. It can also be reached from outside the local area by dialing 1(800)526-7101.

An automated menu available to callers provides connections to the emergency room, primary care clinics, routine appointments, customer services and many other locations. Callers have the option of exiting the system to speak with a hospital representative at any time during the call.

Courtesy of NNMCM Bethesda Public Affairs

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MN970473: Training and Teamwork Ends A Code Blue Happily

FALLON, NV - Meeting the daily challenges to provide the best possible medical care for the "biggest Little Air Station" in Fallon, their motto centers on "Training and Teamwork." Earlier this month the true meaning of these concepts were tested in the most crucial way...cardiac arrest!

Following a successful PRT cycle, the staff had secured the command for a picnic. A 39 year old active duty officer arrived at the clinic complaining of "not feeling well" and left arm discomfort after swimming the PRT. Within minutes the patient collapsed...no breathing, no pulse...start CPR!

The duty crew's timely and professional response initiating emergency procedures turned a potentially fatal occurrence into a successful outcome. HM2 Rick Kopso, Chief of the Day, initiated the 9-1-1 staff recall while HM3 Frank Wells and HN Christian Rea started resuscitation efforts.

Staff members at the picnic set new on-foot response records and arrived on-scene within minutes. Under direction of LT Kim Fry, MC and LT Merritt Dunlap, MC, HM2 Duane Sorenson performed immediate "quick look" assessment and defibrillation. The patient responded and the rest of the scenario proceeded in text book fashion. The patient was monitored and transported to Churchill Community Hospital.

The team effort extended beyond the medical clinic-- personnel mobilized throughout NAS Fallon. When civilian aeromedical transport was denied due to inclement weather, the patient was then transported to Reno for definitive care.

The greatest tribute to the training and teamwork the entire staff demonstrated is that after a six day hospitalization, our active duty member was discharged with a good prognosis.

Today, that 39-year old patient responds to the question "How are you feeling?" with "I'm alive!"
By LCDR Linda Sexhauer, Branch Medical Clinic, Fallon, NV

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MN970474: Medical Service Corps Now Open to All Ratings

Interested in becoming a Medical Service Corps officer? There are new commissioning opportunities available in the Medical Service Corps (MSC) for qualified enlisted applicants. NAVADMIN 227/97, announced eligibility requirements changes to the Inservice Procurement Program (IPP).

Previously the program was designed as an upward mobility program for active duty hospital corpsman (HM) and dental technician (DT) ratings, but the new changes open the program to all enlisted ratings in pay grades E-5 through E-9 who have not yet reached their 35th birthday.

The IPP is a commissioning program specifically intended to provide an advancement pathway to commissioned status in the Medical Service Corps or U.S. Naval Reserve, on the active duty list as a health care administrator or physician assistant.

Eligibility requirements are outlined in BUPERSINST 1131.2. Information on NAVADMIN 227/97 and frequently asked questions are available on the BUPERS or MSC homepage at <http://support1.med.navy.mil/bumed/med-00~1>.

The deadline for applications is December 15, 1997. For more information contact CDR Mark Boman, MSC, or HM2 Chris Beebe, BUPERS-N130, at COM: (703) 693-2324/2327 or DSN 223-2324/2327, or e-mail: p211m3@bupers.navy.mil

By LT Robert S. Fry, Bureau of Medicine and Surgery

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MN970475: Reserves Help Promote Women's Health Issues

LONDON, UK -- U.S. Naval Medical Clinic, London and its Branch Medical Clinic in St. Mawgan teamed up with their reserve counterparts to improve the availability of information.

The clinics have offered several classes on various women's health promotion related topics throughout the United Kingdom. Reserve help allowed them to offer even more classes.

CAPT Ann Holler and CDR Camilla Bicknell, Naval Reserve Nurse Corps Officers, along with staff personnel, traveled

directly to worksites to hold classes, present material and address concerns on women's health during their two week drill.

Holler and Bicknell addressed such topics as breast cancer awareness, self breast exam, contraception, menopause, PMS, thyroid conditions, and STDs. The classes fostered an atmosphere whereby the participants felt comfortable to freely seek information and knowledge.

Both men and women took advantage of the opportunity to ask questions, either in public or in private. Program response was overwhelmingly favorable.

One attendee told them, "It was great to be able to actually talk to a female provider without feeling rushed or in the middle of an exam. I usually forget my questions when I'm a patient in the actual clinic."

Additional steps were taken to ensure the information reached the deckplates at the Branch Medical Clinic, St. Mawgan. Condensed versions of the lectures were presented to women during both day and night shifts at the Terminal Equipment Building at St. Mawgan's Joint Maritime Facility (JMF).

This endeavor would not have been such a enormous success had it not been for the tremendous assistance of our Naval Reserve Officers.

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MN970476: Healthwatch: Five Easy Tips For Safe Brown Bagging

WASHINGTON -- Every year millions of adults and children brown-bag their lunch -- and some get sick because they didn't follow basic tips in food preparation.

Bessie Berry, manager of the Department of Agriculture's Meat and Poultry Hotline, has some tips for brown-baggers:

- Keep everything clean. Wash raw vegetables and make sure all preparation surfaces, hands and utensils are clean. Wash your hands before you prepare or eat food. Use hot soapy water.

- Keep family pets away from kitchen counters. They can easily transfer bacteria and germs from their paws to counters and then onto your food.

- Keep cold foods cold. Use insulated lunch boxes. When packing lunches, use either freezer gel packs widely available in stores or cold food items such as fruit or small frozen juice packs. Put perishable meat, poultry or egg sandwiches between these cold items. You can also prepare sandwiches the night before and keep them refrigerated or frozen before placing in the lunch box.

- While you can use brown paper bags and plastic lunch bags to store cold foods, they don't work as well as insulated bags because they tend to become soggy and just don't retain the cold as well. If you must use paper or plastic lunch bags, double bag to create layers and to help insulate the food; never leave food in direct sunlight or

near radiators or other sources of heat.

- Keep hot foods hot. Use an insulated bottle stored in an insulated lunch box. Foods such as soup, chili and stew should stay hot. Another trick is to fill the insulated bottle with boiling hot water, let stand for a few minutes and then empty. Immediately pour in the hot food. Keep the insulated bottle closed until lunch. This will ensure the food stays hot.

Brown bagging can save you money, but it can also be hazardous to your health unless you follow food safety precautions.

By Lisa E. Stafford, American Forces Press Service

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Feedback and comments are welcome. Story submissions are encouraged. Contact MEDNEWS editor, at e-mail <mednews@bms200.med.navy.mil>, telephone 202/762-3218 (DSN 762-3218), or fax 202/762-3224.